



## 1/10 LB Crunchy Raw Breaded Cod Strips 1.5 oz

High Liner Breaded Cod Strips offer exceptional versatility and value for a number of applications. These specially shaped wild caught Cod feature a delicious breading to fit a variety of taste preferences. Each ready-to-cook strip cooks from frozen in minutes, delivering a crispier, crunchier bite. Bite after delicious bite.

Product Last Saved Date: 02 December 2024



**HIGH LINER**  
FOODSERVICE™

## Nutrition Facts

35 Servings per container

**Serving Size 4.5 oz (126g/About 3 Strips)**

Amount Per Serving

**Calories 170**

% Daily Value\*

**Total Fat 1 g 2%**

Saturated Fat 0 g 0%

Trans Fat 1 g

**Cholesterol 35 mg 11%**

**Sodium 620 mg 27%**

**Total Carbohydrates 23 g 8%**

Dietary Fiber 1 g 3%

Total Sugars 0 g

Includes 0 g Added Sugars 0%

**Protein 15 g**

Vitamin D 0.5 mcg 2%

Calcium 0 mg 0%

Iron 0.9 mg 6%

Potassium 290 mg 6%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Product Specifications :

Code	GTIN	Type Of Catch
1029150	10035493291502	WILD

Brand	GPC Description
High Liner Foodservice	Fish - Prepared/Processed (Frozen)

Gross Weight	Net Weight	Country of Origin	Kosher	Gluten Free
11.508 LBR	10 LBR	N/A	Undeclared	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.6969 INH	7.6969 INH	8.3937 INH	0.5869 FTQ	15x5	547 Days	-10 FAH / 0 FAH

### Ingredients :

COD, WATER, ENRICHED BLEACHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YELLOW CORN FLOUR, WHEAT FLOUR, CONTAINS 2% OR LESS OF: SALT, YEAST, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), EXPELLER PRESSED CANOLA OIL, SUGAR, GUAR GUM, NONFAT MILK, EGGS, NATURAL FLAVORS, SODIUM TRIPOLYPHOSPHATE (TO RETAIN MOISTURE). CONTAINS: FISH (COD), WHEAT, MILK, EGGS

### Allergens(C='Contains' MC='May Contain' N='None' NI='No Info Provided'):

Eggs - C	Milk - C	Soy - C
Fish - C	Wheat - C	TreeNuts - N
Peanuts - N	Crustacean - N	Sesame - N

### Prep & Cooking Suggestions:

COOKING INSTRUCTIONS FROM FROZEN: TO DEEP FRY: Preheat fryer to 350°F and fry for 4-6 minutes. NOTE: COOK TO AN INTERNAL TEMPERATURE of 155°F MINIMUM.

### Species / Scientific Name:

Atlantic Cod - Gadus morhua, Pacific Cod - Gadus macrocephalus

### Serving Suggestions:

Ideal paired with your favorite signature sauce or side. Perfect as center of plate, sandwich or salad features. Ideal as a kids menu entrée, a crunchy-fun appetizer or as a sandwich. Pairs well with fries, Cole slaw, and a variety of traditional or signature seafood sauces.

### Claims & Child Nutrition:

BAP Certified:

MSC Certified:

Has CN Statement: No

CN Statement:

